



Erie County  
Department of  
Health



Public Health  
Prevent. Promote. Protect.

# Nursing Mother's Resource Guide

## ERIE COUNTY DEPARTMENT OF HEALTH (ECDOH) RESOURCES [erie.gov/health](http://erie.gov/health)

**Early Intervention:** Provides services for any child birth to age 3 with a developmental delay, disability or condition that affects development.

**716-858-6161**

[erie.gov/health](http://erie.gov/health)

**Preschool Services:** Provides services for any child from age 3 to age 5 with a developmental delay, disability or condition that affects a child's ability to learn.

**716-858-6161**

[erie.gov/health](http://erie.gov/health)

**Lead Poisoning:** provides information about prevention, testing, case management, and remediation services. Home visits to identify how to make your home Lead Safe and grant funds to address lead hazards available.

**716-961-6800**

[erie.gov/health](http://erie.gov/health)

**Healthy Neighborhoods Program:** This program is available only to those living in some City of Buffalo zip codes. A FREE home visits to assess indoor air quality, asthma control, carbon monoxide poisoning, fire and burn safety, lead poisoning hazards, unintentional injury, housing and property maintenance and home safety.

**716-961-6800**

[erie.gov/health](http://erie.gov/health)

**Immunizations:** Provides information about and the benefits of up-to-date immunizations and vaccine preventable diseases in both children and adults. Also provides some immunizations.

**716-858-2373**

[erie.gov/health](http://erie.gov/health)

**Family Planning Center:** The center provides family planning and counseling, GYN exams, birth control, STI testing and treatment to adults and teens.

**608 William Street Buffalo, NY 14206**

**716-858-2779**

[erie.gov/health](http://erie.gov/health)

### **Teen Wellness**

*Provides referrals to community resources for teen health and wellness, including reproductive health services.*

**716-858-4977**

[erie.gov/health](http://erie.gov/health)

### **Cancer Services Program of Erie County**

*Provides information about cancer and free breast, cervical and colon cancer screening and diagnostic services for eligible uninsured/ underinsured men and women. Take home colon cancer screening kits are also available*

**716-858-7376**

[erie.gov/health](http://erie.gov/health)

## COMMUNITY RESOURCES

**Buffalo Prenatal – Perinatal Network:** Home-based programs that promote health, successful parenting & self-sufficiency. Intensive case management by community health workers who use street outreach. Agency focus is reduction of infant mortality & low birth weight infants and improving healthy family planning. Programs target at-risk populations in high need areas of Erie County.

**716-884-6711**

[bppn.org](http://bppn.org)

**Catholic Charities of Buffalo, WIC:** Women, Infants & Children (WIC) is a federally funded nutrition program that supports pregnant, postpartum and breastfeeding women, infants and children up to age five. WIC provides nutritional education and counseling, breastfeeding support, prenatal and postpartum support, referrals and supplemental food vouchers.

**716- 218-1484**

[ccwny.org/wic](http://ccwny.org/wic)

**Child Care Resource Network:** The Child Care Resource Network is a non-profit agency that can help families locate high quality, affordable childcare.

**716-877-6666**

[wnychildren.org](http://wnychildren.org)





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**2-1-1 WNY:** Both a website and a 3 digit phone number, 2-1-1 is available 24/7 to help individuals and families find help when they need it. 2-1-1 connects callers to a wide range of services including help with basic needs like food, clothing and shelter as well as other supports like parenting classes, support groups, health and mental health services.

**211 or 888-696-9211**

[211wny.org](http://211wny.org)

**Help Me Grow:** A free resource for families with children 0-5, HMG can help you with questions about your child's development, learning or behavior and connect you to programs that will help your child thrive. Family Resource Specialists can help with free developmental screenings and activities to keep your child on track.

**211 or 888-696-9211**

[helpmegrowny.org/](http://helpmegrowny.org/)

**United Way of Buffalo & Erie County:** The Healthy Start, Healthy Future for All Coalition inspires families to adopt positive lifestyles. Contact this agency to get copies of their maternal infant resource guide.

**716-887-2626**

[uwbec.org/](http://uwbec.org/)

## ADDITIONAL RESOURCES

**Baby Cafes:** Baby Cafes offer support to breastfeeding mothers.

[babycafeusa.org](http://babycafeusa.org)

**Postpartum Support:** Know the warning signs and get the support you need.

Postpartum Resource Center of New York

**Toll Free Helpline 1-855-631-0001 or 631-422-2255**

[postpartumny.org](http://postpartumny.org)

**Family Help Center:** The Family Help Center serves as a resource for families to prevent and interrupt child abuse and neglect.

**24 hour Family Helpline: 716-892-2172**

[familyhelpcenter.net](http://familyhelpcenter.net)

## WEB BASED INFORMATION

The following websites provide online articles with general breastfeeding information, as well as information on combining breastfeeding with employment, selecting and using a breast pump, addressing common concerns and links to resources.

**La Leche League:** La Leche League's mission is to help mothers with breastfeeding through mother-mother support, encouragement, information and education as an important element in the healthy development of the baby and mother.

[llnny.org](http://llnny.org)

**Breastfeeding Partners** (NYS WIC Program)  
[breastfeedingpartners.org](http://breastfeedingpartners.org)

**Centers for Disease Control (CDC):** The Centers for Disease Control provides the most up to date information on diseases and current health recommendations.

[cdc.gov/breastfeeding](http://cdc.gov/breastfeeding)

**New York State Department of Health:** The New York State Department of Health provides information on breastfeeding. You can request free publications from the site to display in your lactation room.

[health.ny.gov/breastfeeding](http://health.ny.gov/breastfeeding)

**U.S. Department of Health and Human Services/ Office on Women's Health:** Guidelines for workplaces on the support needed by new mothers for breastfeeding in the "Blueprint for Action on Breastfeeding," and media materials.

[womenshealth.gov](http://womenshealth.gov)

